



- **LUNEDÌ 14 MARZO**

POMERIGGIO MOC Camp Sprint Relay – Montescaglioso (viaggio 40min)

- **MARTEDÌ 15 MARZO**

MATTINA Allenamento Sprint Qualification – Tursi (viaggio 45min)

Course setter: Tommaso Scalet

Map: Tursi (1:4.000 5m)

Notes: map change during the course

<https://www.livelox.com/Events/Show/74687/MOC-Camp-Sprint-Qualification>

M/W: 3,3km, 160m climb, 22 controls

POMERIGGIO MOC Camp Sprint Final – Rotondella (viaggio 30min)

- **MERCOLEDÌ 16 Marzo**

MATTINA Allenamento Sprint Intervals – Matera (viaggio 45min)

Course setter: Stefano Raus

Map: Matera (1:4.000 5m)

Notes: the finish is the same for all intervals, starts are nearby the finish, map format is A5

<https://www.livelox.com/Events/Show/74584/MOC-Camp-Sprint-Intervals>

Interval 1: 1,1km, 60m climb, 4 controls

Interval 2: 1,0km, 50m climb, 4 controls

Interval 3: 9,0km, 50m climb, 4 controls

Interval 4: 0,6km, 40m climb, 4 controls

POMERIGGIO Allenamento Sprint Qualification & Chase Start – Matera

Course setter: Stefano Raus

Map: Matera (1:4.000 5m)

Notes: map format is A5 and there is a map change in the qualification

<https://www.livelox.com/Events/Show/74686/MOC-Camp-Qualifica-e-Caccia>

Qualifica: 2,4km, 130m climb, 12 controls

Caccia: 2,3km, 120m climb, 12 controls

- **GIOVEDÌ 17 MARZO**

MATTINA MOC Camp KO Sprint Quarter & Semifinal – Castellaneta Marina

POMERIGGIO MOC Camp KO Sprint Final – Castellaneta (viaggio 20min)

- **VENERDÌ 18 MARZO**

MATTINA Allenamento One-Human Relay – Cisternino (viaggio 70min)

Course setter: Stefano Raus

Map: Cisternino (1:4.000 2,5m)

Notes: map format is A5

<https://www.livelox.com/Events/Show/74547/MOC-Camp-One-Human-Relay>

Leg 1-2: 1,7km, 25m climb, 10 controls

Leg 3: 1,9km, 40m climb, 9 controls

POMERIGGIO Allenamento Model Event – Locorotondo (viaggio 15min)

Course setter: Stefano Raus

Map: Locorotondo (1:4.000 2,5m)

Notes: map format is A5 and there is a map change

<https://www.livelox.com/Events/Show/74546/MOC-Camp-Model-Event>

M/W: 2,7km, 40m climb, 20 controls

Livelox password: “mok”

Team Sprint – Nazionale Italiana Assoluta CO - MOC Camp 2022